



Official Rules

- 1) All contestants must be 18 years old or older and will be required to be at the official starting weigh-in on 2/4/16. Contestants can miss no more than 3 weigh-ins to remain eligible for the grand prize. Before and after pictures will be taken of all participants. All weigh-ins will take place every Thursday from 5pm to 7pm at The Nebraska Athletic Club at 1701 East 4th Street in North Platte. Contest runs 2/4/16 through 4/28/16. Grand prize winner will be determined by the greatest percentage of weight lost within the contest period
- 2) The participant understands that most of the communication regarding the Challenge will be done via Facebook and on air promotional announcements. It is the responsibility of the participant properly receive these communications.
- 3) It is the responsibility of each participant to make sure they are medically capable of participating in the Challenge, and that they do not have a medical condition which would put them at harm or risk while participating in the Challenge. Therefore, it is recommended that each participant seek the advice and receive an evaluation from their medical doctor prior to the start of the Challenge.
- 4) It is up to each participant to determine the methods or strategies by which they will improve their health and lose their excess weight during the Challenge. Keep in mind that this is an all-natural Challenge. Legal substances, such as nutritional supplements, may be used by the participants; however it is recommended the participant consult a

knowledgeable and licensed health professional first. If a participant is found to be using any illegal substance they will be disqualified from the Challenge. If a participant is found to be engaging in dietary practices that may be harmful or dangerous to their health, they will be disqualified from the Challenge. If the participant is found to have received weight loss surgery (for example: gastric bypass) or cosmetic surgery as their means of weight loss for the Challenge, they will be disqualified from the Challenge.

5) If a participant is awarded any form of prize or money as a result of their participation in the Challenge, and later found to have been taking any illegal substances, or engaged in dietary practices that may be harmful or dangerous to their health, or to have received weight loss surgery or cosmetic surgery as their means of weight loss for the Challenge, the participant will be required to immediately return 100% of the prizes or money that was awarded to them.

6) In order for the participant to qualify for any form of prize or money awarded to them at the end of the Challenge, the participant must provide a starting body weight and an ending body weight. The participant agrees that:

1. By Huskeradio and Nebraska Athletic Club Staff using standard digital scales.
2. The starting weigh-in will be recorded at the first weigh in on 2/4/16.
3. The ending weigh-in will be recorded on 4/28/16.
4. If it appears that there is a tie, an alternate way of determining the winner will be used at the stations discretion.

8) Each participant assumes all risk of injury, harm or loss of any kind arising from participation in the Challenge. Consult with your physician or health care provider before starting any new exercise program, dietary program, nutrition or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. If you are not experienced with exercise and strength training, it is recommended you consult with a qualified fitness trainer or coach. Participants in the Challenge expressly release the creators of the Challenge, its distributors and affiliated companies, its supporters and sponsors, and the directors, officers and employees of any of them from all risk, loss, injury, damage or harm that may arise from participating in the Challenge.